

THE SENIOR STARTER

MAY 2024



THE PLACE TO START FOR SERVICES
BY THE
TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT

Greetings!

This past month we watched as nature changed our landscape from gloom to bloom. The trees began to bud and blossom, bushes gained their leaves, grass turned from muddy brown to green, and flowers sprung from the earth in a bright array of colors. The beauty of spring is indeed magical!

As we begin to enjoy many of the outdoor activities that were halted during the colder months, I'd like to offer up a word of caution. May is both Melanoma and Lyme Disease Awareness month. The following resources offer some ways to learn about how to stay healthy and prevent these diseases. Awareness is the key to prevention!

<https://www.albanycounty.com/departments/health/programs-services/lyme-disease>

<https://www.skincancer.org/get-involved/skin-cancer-awareness-month/toolkit/>

May is also Mental Health Awareness Month. Included in our newsletter are some helpful mental health resources, as well as a great article on a breathing technique which has been proven to help with managing anxiety.

In celebration of Older Americans Month, the Senior Resources Department is hosting it's Healthy Aging in the Community Fair at The Crossings on May 31st, from 1- 3:30 pm. We hope to see you there!

In observance of Memorial Day, Monday, May 27th, thank you to all who served and sacrificed on behalf of our country!

Sincerely,
Angelina
Angelina J. Searles
Director



Inside This Issue

- ⇒ Greeting - Angelina Searles, Director
- ⇒ Staff Contact Info. Pg. 2
- ⇒ Colonie Library Classes, Pg. 2
- ⇒ Older American's Month, Pg. 2
- ⇒ StateWide Medicare Corner, Pg. 2
- ⇒ HEAP Assistance, Pg. 3
- ⇒ Albany County Mental Health Svcs., Pg.3
- ⇒ Colonie Farmer's Mkt, Pg. 3
- ⇒ Tools for Caregivers, Pg. 3
- ⇒ Mental Health Awareness, Pg. 4
- ⇒ Healthy Aging Fair, Pg. 4
- ⇒ Yard Waste Update, Pg. 5
- ⇒ TOC Job Fair & Community Fair , Pg. 5
- ⇒ Senior Clubs, Pg. 6
- ⇒ Town Supervisor's Message, Pg. 6
- ⇒ "Celebrate a Senior" Spotlight, Pg. 7

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Albany, NY 12205
(518) 459-5051

Newsletter Editor
Carrie Blanchard

Colonie Library Classes & Events

Tuesday, May 7 • 2-4pm

Stay & Make: Travel Journals/
Scrapbooks

Wednesday, May 8 • 1-2:30pm

Android Clinic

Wednesday, May 8 • 6-8pm

Film Noir: "Double Indemnity" (1944)

Monday, May 13 • 10:30am-12 pm

Mystery Book Club

Tuesday, May 14 • 6:30-7:30 pm

Personal Growth Book Club: "The Power
Within You"

Wednesday, March 13 • 6-8 pm

Film Series - Murder, My Sweet (1944)

Thursday, May 16 • 7-7:45pm

Laughter Yoga

Tuesday, May 21 • 2-4pm

IPad Clinic

Tuesday, May 21 • 6-7:45pm

Creating the Empire State: The Story
of the Erie Canal

**Registration is required! Visit here
to register:**

<https://www.colonielibrary.org/events/>

Or call 518-458-9274



COLONIE
LIBRARY



COLONIE
LIBRARY

**JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
BLANCHARDC@COLONIE.ORG**



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May is Older American's Month

Older Americans Month began in 1963 when the National Council of Senior Citizens met with John F. Kennedy. They advocated for the needs of older adults, which led to the month of May being designated as "Senior Citizens Month."

The name was ultimately changed to Older Americans Month. Every May, the Administration for Community Living encourages others to honor and acknowledge the contributions of older adults in the United States. It is a time to recognize and support the diverse aging populations of our communities. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

<https://acl.gov/oam/2024/older-americans-month-2024>



StateWide's Medicare Corner

Caller ID Scams

Caller ID Spoofing occurs when an individual deliberately alters the information displayed on your caller ID screen to conceal their identity or masquerade as someone else, such as a medical provider, government agency like Medicare or SS, or even your bank. These scammers aim to steal sensitive financial and medical details from unsuspecting victims. It's important to use caution when receiving calls from unfamiliar numbers that don't match their caller IDs, as they might be spoofed calls. Scammers frequently resort to tactics like pressuring individuals to disclose or verify personal info over the phone, often using a reward hook or fear tactics. In some instances, the scammer might share personal details of the individual, giving the illusion of legitimacy. The hook might involve rewards such as free services or products in exchange for compliance, while the fear tactic might involve threats of discontinuing services or coverage if the requested information isn't provided promptly.

Robocalls, which use pre-recorded messages prompting recipients to answer yes/no or to press certain digits for further instructions, are another tool employed by scammers. Whether you're confronted with a recorded message or a live caller, calls with spoofed caller IDs may aim to deceive individuals into divulging personal information like Social Security or Medicare numbers, or credit card details.

To safeguard yourself:

- If you answer your phone and it's not who you expected, HANG UP immediately.
- Never give out PERSONAL information; such as your passwords, Medicare or Social Security number to an unsolicited caller.
- Be cautious if you are being PRESSURED for information immediately.

To report a suspicious call or if your personal information or Medicare number has been compromised, call the NY Senior Medicare Patrol helpline at 800-333-4374.



HEAP Cooling Assistance Program

If you are eligible, you can receive one benefit per household for the purchase and installation of an air conditioner or a fan to help your home stay cool. If an air conditioner cannot be safely installed, a fan will be provided. Only one air conditioner or fan, not to exceed \$800 for a window, portable air conditioner, or fan installed and not to exceed \$1,000 for an existing wall sleeve unit will be provided per household.

Eligibility Requirements:

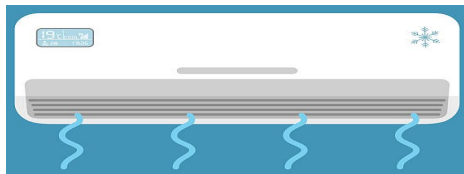
- ◆ Your household's gross monthly income is at or below the current income guidelines as posted in the following table, **or** you receive **SNAP** benefits,
- ◆ Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, and
- ◆ You currently do not have a working a/c unit or the air conditioner you have is 5+ years old, and
- ◆ You did not receive a HEAP funded air conditioner within the past five years.

2023-2024 HEAP Income Guidelines

Household Size	Gross Monthly Income
1	\$3,035
2	\$3,970

If you are interested in applying for this benefit, please give our office a call to set up an appointment 518-459-5051, ext. 2.

To apply online: visit <https://otda.ny.gov/programs/apply/#heap>



Colonie Famers' Market

To provide residents and visitors with locally grown, fresh, nutritious foods and produce in a community setting and to provide an opportunity for Capital Region growers and producers to sell their products directly to consumers.

Where: The Crossings - 580 Albany Shaker Rd. Loudonville 12211

Date: Saturdays, May 11 - September 21, 2024

Time: 9am - 1pm

Contact: Call 518-783-2760, ext. 1553 (famer's mkt only)



Albany County Mental Health Services

Crisis Intervention - Services available for people who are in danger of killing themselves in the present moment.

- **Mobile Crisis Team available 24/7:** 518-549-6500

Crisis Hotlines - For anyone who is feeling depressed & needs confidential emotional support or a suicide risk assessment. Free of charge. 24/7

- Suicide & Crisis Lifeline: Dial 988 to talk w/someone
- Crisis Text Line: Text **TALK** to 741741
- National Suicide Prev. Lifeline: 1-800-273-8255

Survivor Support - Services for families & friends that have lost someone to suicide. Surviving a suicide loss can be traumatic & difficult on many levels and specialized support exists from the following organizations:

- American Foundation for Suicide Prevention: 518-791-1544 or <http://www.afsp.org/capitalregionny>
- Wave Riders - support groups for kids: 518-724-0200

Counseling - Outpatient therapy provided by mental health professionals to address the person's mental health challenges. Contact your health insurance provider for referrals to mental health professionals.

For more service providers, please visit:

<https://www.albanycounty.com/home/showpublisheddocument/1200/636986398798770000>



NATIONAL
MENTAL HEALTH
AWARENESS
MONTH



15th Annual Tools for Caregivers

When: Saturday, May 4, 2024, 8 AM - 1PM

Where: Hudson Valley Community College (HVCC)
Bulmer Communications Center
80 Vandenburg Avenue, Troy, 12180

- ◆ Workshops ◆ Continental Breakfast ◆ Vendors

Resources you can use when a senior relies on you!

Free for all attendees thanks to generous sponsors.

Register by email or phone:

518-478-6090 or crcaregivercoalition@gmail.com

<http://www.capitalregioncaregiver.com/>



Mental Health Awareness Month

May is Mental Health Awareness Month

Often mental health providers will refer a person to me for treatment of anxiety.

They might be of an advanced age or have a history of abusing medications, where the provider is hesitant to prescribe medications.

Since I have expertise in treating anxiety (*without using medications*), the first step is to see how a person is breathing.

Often we breathe incorrectly. We call it “shallow” breathing.

If you watch an infant closely as they sleep, you will see they breathe correctly.

Watch as their belly expands and contracts. They use their belly to breathe. As we get older, we lose that connection to our breath.

Try this:

- ◆ Sit in a comfortable chair and place your hands on your belly.
- ◆ When you inhale, expand your belly like a balloon. When you exhale, have your belly come back to the starting position.
- ◆ Do this very slowly. Try breathing in for the count of four, hold for the count of 4, then exhale to the count of 5 or 6. The slower exhale is where the relaxation comes in!

And that is correct breathing!

Do you feel calmer?



Submitted by:
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Please Join Us for



TOWN OF COLONIE
Peter G. Crummey
Town Supervisor
Town Board
Frederick J. Field, Sr. – Deputy Supervisor
Kristen Blais, Alvin Gamble, Melissa Jeffers,
Jeff Madden, Mark McCumber



Healthy Aging in the Community

At The Crossings of Colonie

Friday, May 31, 2024 1:00--3:30 pm



Eddy Alzheimer's Services
ST PETER'S HEALTH PARTNERS

CENTER for PROBLEM GAMBLING



The Friends of Pruy House



ST PETER'S HEALTH PARTNERS

ALZHEIMER'S ASSOCIATION
Northeastern New York Chapter



HIGHMARK
NORTHEASTERN NEW YORK



Eddy SeniorCare
ST PETER'S HEALTH PARTNERS

Senior Hope
Compassionate Chemical Dependency Care for Seniors and their Families



Eddy Visiting Nurse & Rehab Association
ST PETER'S HEALTH PARTNERS



Cornell Cooperative Extension
Albany County



Trinity Health



580 Albany Shaker Road, Loudonville, NY 12211

Prime Care

Refreshments and give aways!

Free!



Town of Colonie Yard Waste Brush Program



The Town of Colonie's Annual Yard Waste Collection Program will begin on April 22, 2024. **Please note:** All yard waste must be bundled or placed in biodegradable bags in order to be collected. Our service provider will no longer pick up yard waste from containers or cans.

IMPORTANT:

For the latest information regarding Yard Waste Collection please call our update line at 518-783-2795.

<https://www.colonie.org/departments/envservices/leaf-yard-waste#yardwaste>



COLONIE TOWN SUPERVISOR PETER G. CRUMMEY AND THE COLONIE TOWN BOARD PRESENT THE FIRST COLONIE TOWN GOVERNMENT JOB FAIR AND COMMUNITY SERVICES DAY

Friday, May 10th (Rain Date, May 17th) from 11am-6pm at The Crossings (580 Albany-Shaker Road, Loudonville, NY 12211)



Explore Opportunities for Town Employment and Service with the Following Departments:



- Assessor
- Building & Fire Services
- Civil Service
- Community Development
- Comptroller
- Emergency Medical Services
- General Services
- Highway
- Historian
- Human Resources
- Justice
- Latham Water District

- Library
- Management Information Services
- Parks & Recreation
- Planning & Economic Development
- Police
- Public Works
- Pure Waters
- Senior Resources
- Supervisor
- Tax
- Town Attorney
- Town Clerk

- Volunteer Fire Services



Senior Clubs of Colonie

Thunder Road Seniors enjoying themselves at their “Let the Good Times Roll” party!



TOWN OF COLONIE

Office of the Supervisor

Memorial Town Hall
534 New Loudon Road
Latham, New York 12110

Phone (518) 783-2728 Fax (518) 782-2360

www.colonie.org/supervisor

Equal Opportunity Employer

Peter G. Crummey
Town Supervisor



Supervisor Crummey's Colonie Connection

As we enter May, we look forward to sunny and warm weather. This also means that our annual Town of Colonie Farmer's Market will be returning on May 11th at The Crossings! The market will feature a variety of vendors who will be selling everything from food to home décor. For more information, visit <https://www.colonie.org/departments/parksandrec/thecrossings/farmersmkt>. We end the month with a number of Veteran Memorial celebrations, including May 21st at The Crossings and on Memorial Day we recognize our veterans at our Kiwanis Park in Latham, at our Boght Fire House, and at our West Albany War Memorial. By the way, have you signed up for Stay Connected to receive other notices of activities in our Town? Please visit <https://www.colonie.org/stayconnected/>.

I would like to congratulate our *Celebrate a Senior* Honoree Melvin Wigler. Throughout his life, Melvin has been an active member of various music and singing groups in our community. Combined with his love for music, Melvin also started several business ventures, exemplifying himself as a community leader.

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you have any questions, please don't hesitate to call my office.



Celebrate a Senior Spotlight

Ladies and Gentlemen, please give a warm welcome to this month's Senior Spotlight, from the Village of Colonie, Melvin Wigler. Melvin is a man of many talents. When we first set out to write about Melvin's accomplishments, talents and interests, Melvin took the spotlight off himself and shared stories of his hard working, loving, and supportive parents, grandmother and uncle. These were wonderful examples of continued support and interest that allowed Melvin to venture out and learn of his own strengths and talents.

Melvin was an active part of Colonie Central High School's (CCHS) Class of 1959 and his community. He worked on the stage crew, sold tickets to support line and cue, and participated as a member of both the Concert Choir and the King's Men, where he was also Treasurer. In 1960, Melvin graduated the Dale Carnegie Course. In 1974, he began serving on their Reunion Committee and their class's 65th high school reunion is being celebrated September 20, 21 and 22, 2024.

Singing clubs remained a constant in Melvin's life from high school to present. When he attended college at Mohawk Valley Tech in Utica, he managed to find a church choir to take part in. Melvin is currently a member of the *Forever Young Singers* (CSSC, Inc./Highmark) where Jeff and Crystal Moore of Peak Music Studios in Latham continually surprise him with new learnings. He also performs with *Colonie Village Singers* with Malcom Kogut, Accompanist, and the *Octavo Singers of Schenectady*. He has been a part of the Octavo Singers for 55 years, yet he will still credit the founders, Gordon and Edith Mason when referring to them! Melvin asks you to mark your calendars for *Forever Young Singers*' next show at Colonie Center on 5/11 and the *Colonie Village Singers*' show at the Colonie Library on 6/8.

This brings us to Melvin's past career as Marty Wade...Marty Wade was created in 1961, after Melvin met with the legendary disc jockey, Boom Boom Brannigan of WPTR at 1540 AM. Marty Wade spent most of the 1960s and part of the 1970s organizing and promoting rock shows at schools, putting on shows with multiple bands.

He was the Master of Ceremonies at the Altamont Fair ('67/'68) for Battle of the Bands and beauty pageants. When Melvin wasn't singing, traveling, organizing events, promoting talents, or manning the all-request line at the station for Boom Boom, he was starting other business ventures in the area.

This was a busy time for Melvin as well as Marty. With the support of his family, Melvin opened *Darby's House of 3 Beefs* at the corner of Lisa Kill and Central Avenue. From 1967 until 1969, *Darby's* was a great teenage night club, which sported the tallest sign on Central Ave. at the time. In 1968 and 1969, Melvin held successful record conventions allowing people to buy, sell and trade with one another. This led to a club, hosting meetings, picnics and parties, and publishing a newsletter titled: *Discography*.

As we reach the bottom of the page, we haven't even scratched the surface of the stories shared by Melvin. He has been recognized by both CCHS and Shenendehowa High School for his decades of support towards the school sports teams. Melvin is a world traveler and a saver of anything and everything since the time he could talk. Melvin has earned awards for his past sales where he enjoyed the people. He has worked for others and also ran his own jewelry stores. Melvin's uncle, Jerome Wigler, was a violinist with the Philadelphia Orchestra until the age of 91 and lived to be 101 ½ years. Melvin lives by his uncle's words that "Age is only a number."

Melvin shared, "I have loved living in Colonie for 70 years. The senior services are amazing with live events year-round for families." He also asked the valid question, "How do you fit your life on a postage stamp?" Visit Melvin at his shows or at his part-time, weekend, jewelry stand in Colonie Center to share your memories of *Darby's* and past events and to learn more about all that could not fit in this article!

